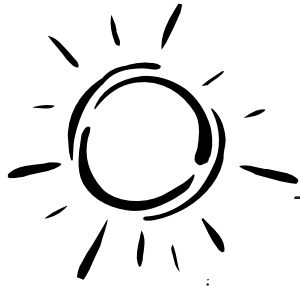


# Grilling Your Way To 5 A Day

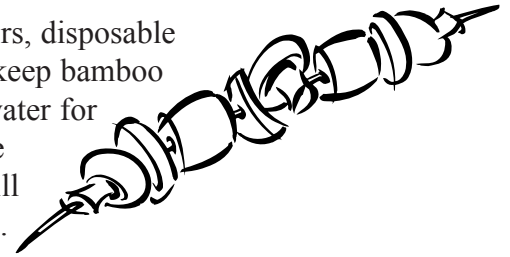


## Produce Choosing Tips

- 1** Firm and ripe produce work best.
- 2** Suggested vegetables:
  - asparagus
  - bell pepper
  - carrot
  - corn on the cob
  - eggplant
  - mushroom
  - onion
  - potato
  - squash
  - tomato
  - zucchini
- 3** Suggested fruits:
  - apple
  - apricot
  - banana
  - firm melon
  - peach
  - pear
  - pineapple

## General Tips For Grilling

- 1** Combine foods that take about the same amount of time to cook. Pre-cook dense foods such as potatoes, sweet potatoes, and carrots.
- 2** Cut foods into roughly equal sizes for even cooking.
- 3** Soak fruits and vegetables in cold water for 30 minutes before grilling. Then lightly coat the cut-up vegetables with a light olive oil to protect the skin from drying and burning.
- 4** Sprinkle the vegetables with your favorite seasonings: rosemary, parsley, garlic, oil-n-vinegar salad dressing, black pepper, salt, basil, or thyme. You can add flavor to fruits by sprinkling sugar, cinnamon, or ginger as well as coating with honey or lemon juice.
- 5** If you don't have metal skewers, disposable bamboo skewers will do. To keep bamboo from burning, soak sticks in water for an hour before cooking. Place large pieces directly on the grill and smaller pieces on skewers.
- 6** Keep grill clean. Charred buildup encourages foods to stick.
- 7** Start cooking fruits and vegetables over medium heat to sear skins. Turn every 1 to 2 minutes or after grill marks appear, then move to the side of the rack over indirect heat to finish cooking after turning on both sides.
- 8** The easiest way to tell if foods are done is to poke them with a fork or skewer. Items should be tender yet firm.



## Quick Grilling Recipe

### Stuffed Peaches

- 4 large peaches
- 1 cup frozen berries
- 1/3 cup brown sugar
- 3 tbsp lemon juice



Wash and halve peaches. Remove the pit. Place peaches on aluminum foil. Spoon 2 tbsp of berries into each peach half. Sprinkle 2 tsp of brown sugar and 1 tsp of lemon juice on each. Fold up foil and seal. Place on hot grill and cook for 15 to 18 min. Turn once. Serve right out of the foil.

## Specific Tips for Vegetables

**Asparagus** Cut off ends. Soak in water for 30 minutes to an hour. Place on the grill, turn every minute. Remove when tips begin to turn brown.

**Bell Pepper** Halve and remove stem and seeds; grill 3 to 5 minute, skin-side down, turn when grill marks appear.

**Carrot** Cook whole for 5 to 7 minutes on each side. Grill over moderate heat.

**Corn in Husk** Cook whole for 15 to 20 minutes on each side. Before cooking, soak ears in water for 20 to 30 minutes.

**Corn without Husk** Cook whole for 5 to 7 minutes on each side until lightly browned on all sides.

**Eggplant** Cut lengthwise or crosswise. Soak in water for 30 minutes. Pat dry, brush with oil and grill for 2 to 3 minutes.

**Mushroom** Cook whole, with stems removed, for 2 to 4 minutes on each side. Turn when grill marks appear.

**Onion** Cook halved for 5 to 7 minutes. Start with the cut-side down. Cook until grill marks appear.

**Potato** Cut in half lengthwise or slice one inch thick for skewers. Cook 4 to 5 minutes with the cut side or white side down until grill marks appear.

**Tomato** If using large tomatoes, cut into quarters. Cut plum tomatoes lengthwise. You also can grill cherry tomatoes. Cook 2 to 4 minutes and turn when grill marks appear.

**Zucchini/Summer Squash** Halve lengthwise or slice one inch thick for skewers. Cook 3 to 5 minutes, until grill marks appear. Squash cooks quickly, so watch closely.



## Specific Tips for Fruits

**Apple** Core and cut into wedges or crosswise slices. Brush lightly with melted butter or oil. Grill over low heat for 10 minutes or until lightly browned.

**Apricot** Slice in half and remove the pit. Brush lightly with melted butter and grill outside down first. Grill each side 5 minutes over low heat.

**Banana** Peel and slice lengthwise and brush lightly with melted butter mixed with brown sugar.

Grill over medium heat until brown, about 10 minutes. When grilled in the skin, cook until skin is blackened, about 12 minutes.



**Melon** Halve, remove seeds and peel, then cut into slices or chunks. Brush with butter or a sweet glaze and grill over low heat for about 5 minutes.

**Peach** Peel and slice in half lengthwise. Brush lightly with butter and cook over low for about 10 minutes, or until lightly brown.

**Pear** Halve and remove seeds. Brush lightly with melted butter. Cook over low heat until brown, about 10 minutes.

**Pineapple** Cut pineapple into four sections. If desired, coat or sprinkle with flavorings listed in general tips section. Turn when you see grill marks.

Just Do It.....

**Experiment !**

Visit [www.hearthighway.org](http://www.hearthighway.org) for 5 A Day recipes.  
Try a new vegetable or fruit each week!



Utah Department of Health  
Heart Disease & Stroke  
Prevention Program

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